

Dental

Baby teeth must last 6 – 10 years.



Brush child's teeth along gums twice a day with a tiny rice-grain size of fluoride toothpaste.

- A child needs a “dental home.” Visit the dentist twice a year or as advised by dentist.
- Ask doctor or dentist about fluoride varnish and drops or tablets for child. Keep fluoride out of child's reach.
- Keep baby teeth healthy to chew, speak and save room for adult teeth.
- Give child health snacks, nothing sweet or sticky.
- Do not spread cavity germs by sharing anything that has been in your mouth with your toddler.
 - Do not share toothbrushes, cups, spoons, straws, etc.
 - Do not pre-chew or bite off food for child.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.

Parents: Stop the spread of cavity germs and take care of your own teeth.

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

Nutrition

Parents decide what food is served at three meals and 2-3 small snacks.

- Child decides how much and which food to eat, will eat more on some days than others.
- Healthy foods include:
 - Fruit and vegetables (half the plate)
 - Whole grain bread, cereal, or pasta
 - Protein and iron-rich food, like meats, chicken, fish, eggs, beans and tofu
- Offer child a new food (may take 10 times).
- Limit fried, fast foods plus snacks high in sugar and fat.
- Have child eat only during meals and snacks.

Make family meals a happy time.

- Teach child to wash hands before meals.
- Sit and eat together and show table manners.
- Do not force child to eat or clean plate.
- Child may like a food one day and not the next, also like to say “No.”

Child uses a small cup for all drinks.

- Offer water often and 2 cups of nonfat or low fat milk a day.
- Whole fruit is best. Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

Physical activity and weight

- Child gets 60 minutes of active play.
- Limit screen use to 1 hour a day of high-quality programs.

Some foods cause choking. Do not feed child:

- Round (hot dogs, grapes, popcorn, nuts)
- Pitted (cherries, olives)
- Hard (candy, raw vegetables)
- Sticky foods (nut butters, candy)

Women, Infants and Children (WIC):
Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 2 Years



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](#), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](#), visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2018.

Health

Keeping Child Healthy

- Use sunscreen when outdoors.
- Do not let child eat paints chips or dirt, or play in bare dirt.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash child's hands with soap and water after using toilet.
- Keep child away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.

Preventing Injury



If child is using a bike, tricycle, or scooter, make sure child is wearing a helmet.

- If gun kept in the home, unload, lock up, store bullets separately, and hide the keys.
- Use stair gates and window guards
- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- Never leave child alone, with a stranger, or pet.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.

What to Expect



A child has lots of energy. Be patient. Give praise.

- "No" is a favorite word of a two-year-old. Offer few choices to avoid child answering "no."
- If child is very quiet and always sad, talk to the doctor.

Child may:

- Have mood swings (feel up and then down).
- Open doors, throw a ball overhand, and climb stairs
- Stack 5-6 blocks
- Speak in 2-3 word sentences and sing songs
- Repeat what you say
- Play near other children and not share

Tips and Activities

- Be consistent and patient. When child does something wrong, say why it is wrong, and direct child to another activity.
- Talk to child about using the toilet or potty-chair. A child may not be potty trained until three years old.
- Give child rest or nap time.
- Offer simple toys that child can take apart and put back together.



Play, talk, sing, and read stories with child daily.

Safety

Bath and Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Use a rear-facing car seat with a harness buckled properly in the back seat. Make sure child weighs 40 pounds or is 40 inches tall before forward facing in car seat.

Environmental Safety

- Ask your doctor for or inquire where in the community you can get a blood test for child. Have child tested for lead at 12 months and 24 months.
- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
 - Develop and share action plan with school and childcare workers.
 - Every day triggers of asthma attacks include cockroaches, pet dander, dust mites, mold and secondhand smoke.
- Protect your child from contact with insect killers
 - If you have insects in your home, get rid of clutter, empty garbage bags often, fix leaks, and keep food in tightly sealed containers.

Prepare for Emergencies

- Be prepared plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
 - Check alarms every 6 months.